

2018 New Years Challenge!

DO IT FOR THE HEALTH OF IT!

Nutrition Facts

Serving Size: One Pair,
Two Participants

Servings Per Challenge: 2 Months

Nutrition	1,000 mg
Exercise	750 mg
Motivation	400 mg
Dedication	350 mg

Health and Wellness

Results 100%



Registration: November 15th-December 22nd
\$40/participant

\$55/participant if register after December 22nd

SIGN UP WITH A PARTNER
THREE MANDATORY WEIGH-INS!

2 month membership included in registration fee
Membership runs January 7th-March 8th

Maryville Community Center
1407 N. Country Club Rd
maryville.org/mps



For more information,
please contact Kaley Coulter at
660-562-2923